

The World of Food Conference – Human Nutrition Department Abstract

Proposed Session: Panel

Speakers: Hope Lima, MS, PhD, IBCLC; Karin Evans, MA, RD, LDN; Joshua McDonald, PhD; Leslie Thompson, MS, RD, LDN

Moderator: Elizabeth Weikle, MS, RD, LDN

Title: The impact of food and nutrition on health and chronic disease: from birth to death

Adequate nutrition is the foundation of proper growth and development in humans. From the time we are born, what we eat can influence the trajectory of our health experiences throughout life. Current research has linked food and dietary intake with development of chronic diseases including asthma, allergies, obesity, cardiovascular disease, diabetes, hypertension, osteoporosis, and gastrointestinal diseases, among others. During this session, experts in the field of nutrition will be reviewing what we know about the importance of food and nutrition during each stage of life. Life stages that will be covered include infancy, childhood, adolescence, adulthood, and aging. Furthermore, speakers will review evidence-based recommendations for diets that help to reduce the incidence of certain chronic diseases as well as the role that credentialed professionals play in prevention and treatment of chronic diseases.